

VILLAGE OF
ELMWOOD PARK

11 Conti Parkway
Elmwood Park, IL 60707

P. 708-452-7300

F. 708-452-3957

Parks & Recreation Center
2 Conti Parkway
708-452-3935

Angelo "Skip" Saviano
Village President

Gina Pesko
Village Clerk

Village Trustees

Alan Kaminski

Jeff Sargent

Angela Stranges

Anthony Del Santo

Angelo J. Lollino

Jonathan L. Zivojnovic



VILLAGE OF
ELMWOOD PARK

2016-17

FALL & WINTER

PARKS & RECREATION PROGRAM



Registration Begins - August 29, 2016 • www.parks.elmwoodpark.org

When online registration indicates class closed, please contact Parks & Recreation Department at 708-452-3935 where classes can still be registered for in person or put on a wait list.

PLAY SCHOOL - Ages 3, 4 and 5 (Parks & Recreation Center)

Session	Ages	Date(s)	Begin/End Time	Fee
3 Year Old Mornings		09/07/16 - 11/18/16	Wed & Fri 9:00 -11:00 AM	\$190.00
NO CLASS 11/8-11/11-2/17		11/30/16 - 02/24/17	Wed & Fri 9:00 -11:00 AM	\$190.00
3/27 to 31 - 4/14		03/01/17 - 05/12/17	Wed & Fri 9:00 -11:00 AM	\$190.00
3 Year Old Afternoons		09/07/16 - 11/18/16	Wed & Fri 12:15 -2:15 PM	\$190.00
NO CLASS 11/8-11/11-2/17		11/30/16 - 02/24/17	Wed & Fri 12:15 -2:15 PM	\$190.00
3/27 to 31 - 4/14		03/01/17 - 05/12/17	Wed & Fri 12:15 -2:15 PM	\$190.00
4&5 Year Old Mornings		09/06/16 - 11/17/16	Tues & Thurs 9:00 -11:00 AM	\$190.00
NO CLASS 12/22 to 1/5		11/29/16 - 02/23/17	Tues & Thurs 9:00 -11:00 AM	\$190.00
3/27 to 31		02/28/17 - 05/11/17	Tues & Thurs 9:00 -11:00 AM	\$190.00
4&5 Year Old Afternoons		09/06/16 - 11/17/16	Tues & Thurs 12:15-2:15 PM	\$190.00
NO CLASS 12/22 to 1/5		11/29/16 - 02/23/17	Tues & Thurs 12:15-2:15 PM	\$190.00
3/27 to 31		02/28/17 - 05/11/17	Tues & Thurs 12:15-2:15 PM	\$190.00

TAEKWOOD

Sassion	Ages	Date(s)	Begin/End Time	Fee
Little Dragons	4 & 5	09/07/16 -11/23/16	Wednesdays 5:00 - 5:40 PM	\$75.00
	4 & 5	11/30/16 - 02/15/17	Wednesdays 5:00 - 5:40 PM	\$75.00
	4 & 5	02/22/17 - 04/26/17	Wednesdays 5:00 - 5:40 PM	\$56.00
Early Taekwood	6 &7	09/07/16 -11/23/16	Wednesdays 5:45 - 6:10 PM	\$75.00
	6 &7	11/30/16 - 02/15/17	Wednesdays 5:45 - 6:10 PM	\$75.00
	6 &7	02/22 /17 - 04/26/17	Wednesdays 5:45 - 6:10 PM	\$56.00
Youth Taekwood	8 -13	09/07/16 -11/23/16	Wednesdays 6:15 - 7:00 PM	\$75.00
	8 -13	11/30/16 - 02/15/17	Wednesdays 6:15 - 7:00 PM	\$75.00
	8 -13	02/22/17 - 04/26/17	Wednesdays 6:15 - 7:00 PM	\$56.00
Parent & Child	7 & Up	09/07/16 -11/23/16	Wednesdays 7:05 - 7:45 PM	\$75.00
	7 & Up	11/30/16 - 02/15/17	Wednesdays 7:05 - 7:45 PM	\$75.00
	7 & Up	02/22/17 - 04/26/17	Wednesdays 7:05 - 7:45 PM	\$56.00



KIDS' KARATE CLUB

Program	Ages	Date(s)	Begin/End Time	Fee
Beginners/White Belt	4yr - 14yr	09/20/16 - 11/15/16	Tuesdays 5:30 PM - 6:10 PM	\$45.00
	4yr - 14yr	01/10/17 - 03/07/17	Tuesdays 5:30 PM - 6:10 PM	\$45.00
	4yr - 14yr	03/14/17 - 05/09/17	Tuesdays 5:30 PM - 6:10 PM	\$45.00
Intermediate Y/O/G	4yr - 14yr	09/20/16 - 11/15/16	Tuesdays 6:10 PM - 6:50 PM	\$45.00
Advanced/Blue+	4yr - 14yr	01/10/17 - 03/07/17	Tuesdays 6:10 PM - 6:50 PM	\$45.00
	4yr - 14yr	03/14/17 - 05/09/17	Tuesdays 6:10 PM - 6:50 PM	\$45.00

KARATE

Program	Ages	Date(s)	Begin/End Time	Fee
KMA Karate	6yr - 12yr	09/12/16 - 09/26/16	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	10/03/16 - 10/24/16	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	11/07/16 - 11/28/16	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	12/05/16 - 12/19/16	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	01/02/17 - 01/30/17	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	02/06/17 - 02/27/17	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	03/06/17 - 03/27/17	Mondays 6:00 PM - 7:00 PM	\$20.00
	6yr - 12yr	04/03/17 - 04/24/17	Mondays 6:00 PM - 7:00 PM	\$20.00
FAST Karate	6yr - 12yr	09/12/16 - 09/26/16	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	10/03/16 - 10/24/16	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	11/07/16 - 11/28/16	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	12/05/16 - 12/19/16	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	01/02/17 - 01/30/17	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	02/06/17 - 02/27/17	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	03/06/17 - 03/27/17	Mondays 7:00 PM - 8:00 PM	\$20.00
	6yr - 12yr	04/03/17 - 04/24/17	Mondays 7:00 PM - 8:00 PM	\$20.00



BASKETBALL

Program	Ages	Date(s)	Begin/End Time	Fee
Basketball	1st - 4th	09/16/16 - 10/21/16	Fridays 3:45 PM - 4:45 PM	\$30.00
Fundamentals Camp	5th - 8th	09/16/16 - 10/21/16	Fridays 4:45 PM - 5:45 PM	\$30.00

BASEBALL

Program	Ages	Date(s)	Begin/End Time	Fee
Baseball Winter Camps	6yr - 8yr	01/06/17 - 02/10/17	Fridays 3:30 PM - 4:30 PM	\$30.00
	9yr - 12yr	01/06/17 - 02/10/17	Fridays 4:30 PM - 5:30 PM	\$30.00



WINTER PLAYGROUND

Program	Ages	Date(s)	Begin/End Time	Fee
Winter Playground	0 - 5yr	10/4/16 - 3/23/17	Tues & Thur 10:30 AM - 12:00 PM	Free
<i>Parent/Guardian attendance required</i>				

GYMNASTICS

Program	Ages	Date(s)	Begin/End Time	Fee
Little Rollers Tumbling	3yr - 6yr	09/15/16 - 10/13/16	Thursdays 3:00 PM - 3:45 PM	\$35.00
	3yr - 6yr	10/20/16 - 11/17/16	Thursdays 3:00 PM - 3:45 PM	\$35.00
	3yr - 6yr	12/01/16 - 12/29/16	Thursdays 3:00 PM - 3:45 PM	\$35.00
	3yr - 6yr	01/05/17 - 02/02/17	Thursdays 3:00 PM - 3:45 PM	\$35.00
	3yr - 6yr	02/09/17 - 03/09/17	Thursdays 3:00 PM - 3:45 PM	\$35.00
	3yr - 6yr	03/16/17 - 04/13/17	Thursdays 3:00 PM - 3:45 PM	\$35.00

Beginning Gymnastics	6yr - 18yr	09/15/16 - 10/13/16	Thursdays 4:00 PM - 4:45 PM	\$40.00
	6yr - 18yr	10/20/16 - 11/17/16	Thursdays 4:00 PM - 4:45 PM	\$40.00
	6yr - 18yr	12/01/16 - 12/29/16	Thursdays 4:00 PM - 4:45 PM	\$40.00
	6yr - 18yr	01/05/17 - 02/02/17	Thursdays 4:00 PM - 4:45 PM	\$40.00
	6yr - 18yr	02/09/17 - 03/09/17	Thursdays 4:00 PM - 4:45 PM	\$40.00
	6yr - 18yr	03/16/17 - 04/13/17	Thursdays 4:00 PM - 4:45 PM	\$40.00

Beginning Tumbling	6yr - 18yr	09/15/16 - 10/13/16	Thursdays 5:00 PM - 5:55 PM	\$40.00
	6yr - 18yr	10/20/16 - 11/17/16	Thursdays 5:00 PM - 5:55 PM	\$40.00
	6yr - 18yr	12/01/16 - 12/29/16	Thursdays 5:00 PM - 5:55 PM	\$40.00
	6yr - 18yr	01/05/17 - 02/02/17	Thursdays 5:00 PM - 5:55 PM	\$40.00
	6yr - 18yr	02/09/17 - 03/09/17	Thursdays 5:00 PM - 5:55 PM	\$40.00
	6yr - 18yr	03/16/17 - 04/13/17	Thursdays 5:00 PM - 5:55 PM	\$40.00



Register Online! www.parks.elmwoodpark.org



YOUNG REMBRANDT'S DRAWING & CARTOONING

Ages	Date(s)	Begin/End Time	Program Fee	
Pre-School Drawing	3yr - 5yr	09/12/16 -10/03/16	Mondays 4:15 PM - 5:00 PM	\$36.00
NO CLASS 10/31	3yr - 5yr	10/17/16 -11/14/16	Mondays 4:15 PM - 5:00 PM	\$36.00
	3yr - 5yr	11/21/16 -12/12/16	Mondays 4:15 PM - 5:00 PM	\$36.00
NO CLASS 1/16	3yr - 5yr	01/09/17 - 02/06/17	Mondays 4:15 PM - 5:00 PM	\$36.00
NO CLASS 2/20	3yr - 5yr	02/13/17 - 03/13/17	Mondays 4:15 PM - 5:00 PM	\$36.00
	3yr - 5yr	03/20/17 - 04/10/17	Mondays 4:15 PM - 5:00 PM	\$36.00
Elementary Drawing	6yr - 12yr	09/12/16 -10/03/16	Mondays 5:05 PM - 6:05 PM	\$40.00
	6yr - 12yr	10/17/16 -11/14/16	Mondays 5:05 PM - 6:05 PM	\$40.00
NO CLASS 10/31	6yr - 12yr	11/21/16 -12/12/16	Mondays 5:05 PM - 6:05 PM	\$40.00
	6yr - 12yr	01/09/17 - 02/06/17	Mondays 5:05 PM - 6:05 PM	\$40.00
NO CLASS 1/16	6yr - 12yr	02/13/17 - 03/13/17	Mondays 5:05 PM - 6:05 PM	\$40.00
NO CLASS 2/20	6yr - 12yr	03/20/17 - 04/10/17	Mondays 5:05 PM - 6:05 PM	\$40.00
Elementary Cartooning	6yr - 13yr	09/12/16 -10/03/16	Mondays 6:10 PM - 7:10 PM	\$44.00
	6yr - 13yr	10/17/16 -11/14/16	Mondays 6:10 PM - 7:10 PM	\$44.00
NO CLASS 10/31	6yr - 13yr	11/21/16 -12/12/16	Mondays 6:10 PM - 7:10 PM	\$44.00
	6yr - 13yr	01/09/17 - 02/06/17	Mondays 6:10 PM - 7:10 PM	\$44.00
NO CLASS 1/16	6yr - 13yr	02/13/17 - 03/13/17	Mondays 6:10 PM - 7:10 PM	\$44.00
NO CLASS 2/20	6yr - 13yr	03/20/17 - 04/10/17	Mondays 6:10 PM - 7:10 PM	\$44.00

Youth Programs

KID'S CERAMIC CLASSES

Program	Ages	Date(s)	Begin/End Time	Fee
NEW Ceramic Classes	5yr - 13yr	09/22/16 -10/27/16	Thursdays 4:30 PM - 5:45 PM	\$50.00
	5yr - 13yr	11/03/16 -12/15/16	Thursdays 4:30 PM - 5:45 PM	\$50.00
	5yr - 13yr	01/19/17 - 02/23/17	Thursdays 4:30 PM - 5:45 PM	\$50.00
	5yr - 13yr	03/02/17- 04/06/17	Thursdays 4:30 PM - 5:45 PM	\$50.00



KID'S MAGIC CLASSES

Program	Ages	Date(s)	Begin/End Time	Fee
Kid's Magic Classes	4yr - 12yr	11/09/16	Wednesday 6:45 PM - 7:40 PM	\$20.00
	4yr - 12yr	02/21/17	Tuesday 5:00 PM - 5:55 PM	\$20.00

Register Online! www.parks.elmwoodpark.org

TEEN NIGHT – EVERY SATURDAY NIGHT!

Year-round every **Saturday** night from 4:30 to 9 PM (6 PM food served) at the Parks & Rec Center. Grades 7–12 resident-teens only (Picture ID required).

OPEN GYM (1st - 12th Grade) **Monday thru Friday:** 3:30 PM to 5:30 PM

Please call 708-452-3935 for conflicts due to special events held periodically throughout the year.

FITNESS CENTER TEEN HOURS

The Parks & Rec Center has scheduled hours each day during which Village teenagers may use the facility's Fitness Center. *Please note, use of treadmill is not allowed by anyone under the age of 18.*

Monday thru Friday: 3:00 PM to 7:00 PM • **Saturday:** 9:00 AM to Noon • **Sunday:** 11:00 AM to 3:30 PM

OUTDOOR IN-LINE HOCKEY YEAR ROUND

Weather permitting, Elmwood Park kids enjoy outdoor In-Line Hockey year-round!

In-Line Hockey Rink: 7330 West Fullerton Ave

Hockey Hours: 7-days a week, 9:00 AM to dusk

FREE OUTDOOR ICE SKATING – All Ages Welcome

Bambi Park (Diversey and 74th Avenues) 9:00 AM to dusk, 7-days a week during winter months when temperatures remain cold enough (temperatures must remain below freezing for about 4 days).

Call the Public Works Department at 708-452-3945 to check availability.

FRANKLIN PARK INDOOR ICE ARENA

1st thru 8th Grade (Residents Only)

Sponsored by the Elmwood Park Youth Commission

Location: Franklin Park Ice Arena (9711 W. Waveland Ave)

Dates/Time: Once a month from 7:20 PM to 8:50 PM on select Wednesdays: Nov 2, Dec 7, Jan 4, Feb 1 and March 1

Fee: \$4.00 per each Wednesday session (includes skate rental)

AYSO WINTER SOCCER LEAGUE (Jan – March)

Pre-K thru 8th Grade – Everyone Plays!

Visit www.elmwoodparksoccer.net for information and to keep watch for registration dates and schedules for AYSO Winter Soccer Season to be announced soon. Residents can also e-mail elmwoodparksoccer@yahoo.com or call AYSO at 312-206-5913.

RUSH YOUTH FOOTBALL & CHEER PROGRAMS

Football: Ages 6 to 13 • **Cheer Programs:** Ages 5 to 13

*Also eligible are kids who are still 14 years old and did not enter high school in the fall.

For more information, including registration dates, program fees, and calendar of program schedules and events, visit www.elmwoodparkrush.com, call 708-462-2143 or email President@ElmwoodParkRush.com.

T-BALL, BASEBALL & SOFTBALL (Ages 5 – 14)

Brought to you by “**Elmwood Park Baseball & Softball, Inc.**”. Look for registration dates to be set in January for these popular programs – first come, first served! For information, including ages and divisions, fees and schedules, visit www.elmwoodparkbaseball.net, email questions@elmwoodparkbaseball.net, or call 866-448-1490.

RECREATION PROGRAMMING FOR RESIDENTS WITH SPECIAL NEEDS

The Village of Elmwood Park through the **West Suburban Special Recreation Association (WSSRA)** offers recreation programs for residents of all ages with a disability, impairment or special education need. Call today to find out the many opportunities available! Call 847-455-2100 or visit www.wssra.net.

More Fun in Elmwood Park!

FALL FEST RIGHT AROUND THE CORNER

Don't forget that the third annual Fall Fest is coming up soon. This year's event will take place **September 23th, 24th, and 25th**. Look for lots of food and live music as we usher into the fall.

"We really like the way Fall Fest has given us one final outdoor event to enjoy together before the colder weather sets in," said Trustee Jonathan Zivojnovic. "It's another great way to showcase what our local vendors have to offer."

Fall Fest runs from **5 p.m. to 11 p.m. on Friday, September 23th, from 12 p.m. to 11 p.m., on Saturday, September 24th and from 12 p.m. to 10 p.m. on Sunday, September 25th.**

Keep checking the Village's website (www.elmwoodpark.org) for more details.

DARE CAR SHOW on Sunday, August 28th from 9 a.m. to 1p.m. in Central Park.

SAFETY FAIR on Saturday, September 10th at 10 a.m. in the Circle.

HOLIDAY LIGHTING on Friday, December 2nd at 6 p.m. in the Circle.
Keep checking the Village's website (www.elmwoodpark.org) for more details.

GET FIT HEALTH & FITNESS FAIR October 1 (Saturday) 9:00 AM to 1:00 PM
Parks & Rec Center Exhibitors, health screenings, flu shots and more!

FREE KIDS HALLOWEEN PARTY Oct 31 (Monday) 4:00 PM to 6:00 PM • Parks & Rec Center

IT'S MARDI GRAS IN ELMWOOD PARK! FREE CARNIVAL FOR KIDS
March 11 (Saturday) • Indoors at the Parks & Rec Center Pre-School – 6th Grade: 11:00 AM to 3:00 PM

SATURDAY TEEN NIGHTS – 7TH THRU 12TH GRADE Year-round every Saturday night 4:30 PM to 9:00 PM; 6:00 PM food served Parks & Rec Center • Residents Only (Picture ID Required)

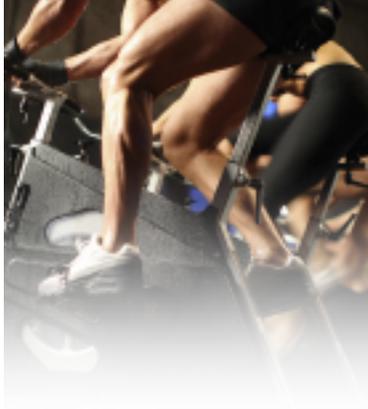
ELMWOOD PARK YOUTH COMMISSION MEETINGS
2nd Wednesday of each month at 7:30 PM Parks & Rec Center • All Residents Welcome!

ELMWOOD PARK GARDEN CLUB MEETINGS & EVENTS **2nd Thursday** of each month (except Dec and Jan) at 7:00 PM • Parks & Rec Center All Residents Welcome and bring a friend!

THE ELMWOOD PARK SENIORS CLUB
Sept. thru June: 1st and 3rd Mondays of each month at 12:30 PM • Parks & Rec Center

SPECIAL RECREATION PROGRAMMING - Residents with Special Needs
Recreation programs for residents of all ages with a disability, impairment or special education needs are available year round through the West Suburban Special Recreation Association (WSSRA).
Call 847-455-2100 or visit www.wssra.net to find out the many opportunities available.





FITNESS CENTER

Hours Reserved for Adults 18 Years & Older

Monday thru Friday: 9:00 AM to 9:00 PM
Saturdays: 9:00 AM to 12:00 PM
Sundays: 11:00 AM to 3:30 PM

ADULT PICK-UP BASKETBALL – Friday Nights 7:00 PM to 9:00 PM

Residents 18 and Older Only (Valid ID required)

Friday nights from 7:00 PM to 9:00 PM the Parks & Rec Center gym is reserved for full-court Adult Pick-up Basketball.

**Please call 708-452-3935 for conflicts due to special events held periodically throughout the year in the gym.*



ELMWOOD PARK GARDEN CLUB

The Elmwood Park Garden Club meets at the Parks & Recreation Center on the **second Thursday of each month** (except Dec. and Jan.) at 7:00 PM. Residents of all ages are welcome to come see what the Garden Club is all about to decide if they'd like to join; there is no residency requirement to join, so bring your friends and family members too! Activities range from guest speakers and plant exchange programs, to planning for the Club's Annual Garden Walk and sharing ideas for future activities and events. For more information, visit www.elmwoodpark.org (click on "Departments" at the top of the homepage, then Parks & Recreation, then Garden Club). You can also email ep_gardenclub@yahoo.com or call club president Boyd Klinger at **708-695-5385**.

SPECIAL RECREATION PROGRAMMING – Residents with Special Needs

The Village of Elmwood Park through its membership in the **West Suburban Special Recreation Association (WSSRA)** offers recreation programs for residents of all ages with a disability, impairment or special education need. For information about the many opportunities available, call **847-455-2100** or visit **www.wssra.net**.

TAEKWONDO

Program	Ages	Date(s)	Begin/End Time	Fee
Adults	18 & up	09/07/16 - 11/23/16	Wednesdays 7:50 PM - 8:40 PM	\$75.00
	18 & up	11/30/16 - 02/15/17	Wednesdays 7:50 PM - 8:40 PM	\$75.00
	18 & up	02/22/17 - 04/27/17	Wednesdays 7:50 PM - 8:40 PM	\$56.00

CERAMIC CLASSES

Program	Ages	Date(s)	Begin/End Time	Fee
Adults	14 & up	09/24/16 - 10/27/16	Thursdays 6:00 PM - 8:30 PM	\$45.00
	14 & up	11/03/16 - 12/15/16	Thursdays 6:00 PM - 8:30 PM	\$45.00
	14 & up	01/19/17 - 02/23/17	Thursdays 6:00 PM - 8:30 PM	\$45.00
	14 & up	03/02/17 - 04/06/17	Thursdays 6:00 PM - 8:30 PM	\$45.00

FITNESS

Program	Ages	Date(s)	Begin/End Time	Fee
Saturday Morning Boot Camp	16 & up	09/10/16 - 12/03/16	Saturdays 8:30 AM - 9:45 AM	\$50.00
	16 & up	01/14/17 - 03/25/17	Saturdays 8:30 AM - 9:45 AM	\$55.00
Cardio Kickboxing	14 & up	09/12/16 - 10/17/16	Mondays 6:30 PM - 7:30 PM	\$35.00
Boot Camp Circuit Training	14 & up	11/07/16 - 12/12/16	Mondays 6:30 PM - 7:30 PM	\$35.00
Cross Fitness & Sculpt	14 & up	01/09/17 - 02/20/17	Mondays 6:30 PM - 7:30 PM	\$40.00
Body Sculpting Circuit	14 & up	03/13/17 - 04/24/17	Wednesdays 7:35 PM - 8:05 PM	\$40.00

PILATES

Program	Ages	Date(s)	Begin/End Time	Fee
Beginning Pilates Matt Class	14 & up	0/03/16 - 12/19/16	Mondays 5:15 PM - 6:15 PM	\$33.00
	14 & up	01/09/17 - 03/27/17	Mondays 5:15 PM - 6:15 PM	\$36.00
NO CLASS 5/29	14 & up	04/03/17 - 06/26/17	Mondays 5:15 PM - 6:15 PM	\$36.00
NO CLASS 11/24	14 & up	08/04/17 - 10/20/17	Thursday 6:30 PM - 7:30 PM	\$36.00
	14 & up	11/03/16 - 01/26/17	Thursday 6:30 PM - 7:30 PM	\$36.00
	14 & up	02/02/17 - 04/20/17	Thursday 6:30 PM - 7:30 PM	\$36.00

ZUMBA

Program	Ages	Date(s)	Begin/End Time	Fee
Zumba Step	14 & up	09/14/16 - 10/19/16	Wednesdays 6:30 PM - 7:30 PM	\$35.00
Zumba	14 & up	11/09/16 - 12/14/16	Wednesdays 6:30 PM - 7:30 PM	\$35.00
Zumba Step & Abs	14 & up	01/11/17 - 02/22/17	Wednesdays 6:30 PM - 7:30 PM	\$40.00
Zumba	14 & up	03/15/17 - 04/26/17	Wednesdays 6:30 PM - 7:30 PM	\$40.00



INDOOR CARDIO WALKING PROGRAM

FREE to adult residents year round • Mondays, Wednesdays & Fridays from 9:00 AM to 11:00 AM

ARMCHAIR FITNESS - MOVE & STRETCH!

FREE to adult residents year round • Mondays, Wednesdays & Fridays from 9:45 AM to 10:45 AM

SENIORS SERVICES & ACTIVITIES – YEAR ROUND

In addition to the many adult recreation & fitness programs held at the Parks & Recreation Center, check out all the many services and activities for Village Seniors. Contact Seniors Coordinator Tina Gordon at **708-452-3962** or email Tina at **cgordon@elmwoodpark.org** for more information about all the services available to Village seniors and request a complete “Seniors Calendar of Events”.

- **Weekly Seniors Activities**

Held at the LaFrambois Center (also known as “Josie’s Room”) at Village Hall, check out the many activities available to all Village Seniors once, twice sometimes three times weekly, every week throughout the year! Among the most popular? “Crafts & Cards Days” and “Order Out/Eat In Days”.

- **FREE Blood Pressure Testing**

Every 2nd & 4th Wednesday of each month

Drop-In: 10:00 AM to 12:00 PM

Location: Northside Fire Station, 7 Conti Parkway

- **FREE “Dial-A-Ride” Bus Service**

24-Hour Notice Needed for Pick-Up – Call 708-452-7300

Seniors (65 years or older) and residents with disabilities or special needs can call Elmwood Park’s “Dial-A-Ride” service for **FREE** transportation to the Parks & Rec Center to join in all the recreation & fitness programs, as well as activities and special programs and events at Village Hall. The service is absolutely free, providing transportation to many locations in Elmwood Park and surrounding areas.

SENIOR ADVOCATE SERVICES

For help obtaining information and resources such as available social services, local opportunities for fitness, volunteerism, education and recreational activities, Elmwood Park Seniors also have access to their own Senior Advocate, Laura Bilben.

Call/Email: Mon-Fri, 9:00 AM to 5:00 PM call 708-359-0143 or email senioradvocate@elmwoodpark.org

Drop-in Hours: Mondays, 9:00 AM to 3:00 PM, LaFrambois Center (Village Hall)

**In the case of emergencies of any kind, Seniors and all Village residents should call 9-1-1.*



Would You Like to Join The Elmwood Park Seniors Club?

The Elmwood Park Seniors Club, its own separate organization, meets at 12:30 p.m. at the Parks & Rec Center on the first and third Mondays from September through June. Come join a Club meeting to see if you’d like to be a member!

Register Online! www.parks.elmwoodpark.org

On The Road Again...

Seniors Upcoming Travel Itinerary!

Want to get away? Village overnight and day trips are available to all Village Seniors. And, YES, you're welcome to bring along adult friends and family members who don't reside in Elmwood Park! For more details and trip reservations, call Seniors Coordinator Tina Gordon 708-452-3962, or email Tina at tgordon@elmwoodpark.org.

September 7 & 8 (2 Days/1 Night)

Mystique Casino & Greyhound Dog Racing

Galena Shopping and lunch on your own.

Mystic gaming package

Diamond Jo Casino Lunch & \$10 slot play

Deluxe Motor Coach

Cost: Single Occupancy = \$152

Double Occupancy = \$112 per person

Wednesday, October 12 (Day Tour)

"Smokey Joe's Café"

Drury Lane Oak Brook

Longest running musical revue in Broadway history.

Deluxe Motor Coach

Depart: 10:45 a.m. Return: TBA

Cost: \$78.00 per person

October 26, 27, 28 (3 Days/2 Nights)

Island Resort & Casino

Package Includes: Resort Accommodations

Gaming Package & Meal Discounts

Deluxe Motor Coach

Cost: Single Occupancy = \$250

Double Occupancy = \$175 per person

Triple Occupancy = \$150 per person

Wednesday, November 16 (Day Tour)

Ameristar Casino

Package Includes: Ameristar Gaming \$10

Towards Lunch Buffet

Deluxe Motor Coach

Depart: 8:15 a.m. Return: 3:30 p.m.

Cost: \$25 per person

Thursday, March 16, 2017

"Saturday Night Fever"

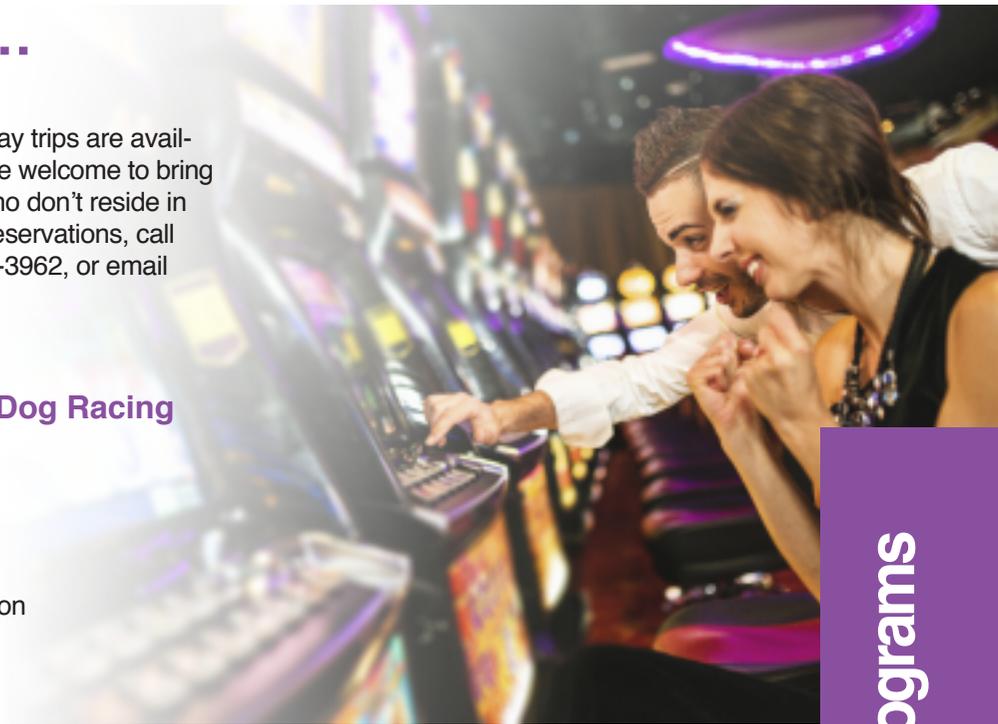
Drury Lane Oak Brook

Nostalgic classic that will bring you dancing in the aisle.

Deluxe Motor Coach

Depart: 10:45 a.m. Return: TBA

Cost: \$78 per person



Seniors Programs



YOUTH-COMMISSION SPONSORED PROGRAMS

VOLLEYBALL

Program	Grades	Date(s)	Games Days	Fee
Volleyball League	4th - 8th	To Be Announced	Monday or Wednesday	\$40.00

In-Person Registration: Wed & Thurs, Sept. 7 and 8, 7PM - 9PM

BASKETBALL

Program	Grades	Date(s)	Games Days	Fee
Basketball League	1st - 8th	To Be Announced	Tuesday, Thursday or Saturday	\$45.00

In-Person Registration: Wed & Thurs, Sept. 7 and 8, 7PM - 9PM



Village of Elmwood Park

11 Conti Parkway • Elmwood Park, IL 60707 • P. 708-452-3935

Register Online! www.parks.elmwoodpark.org